

HOW TO STAY SAFE DURING THE HEATWAVE



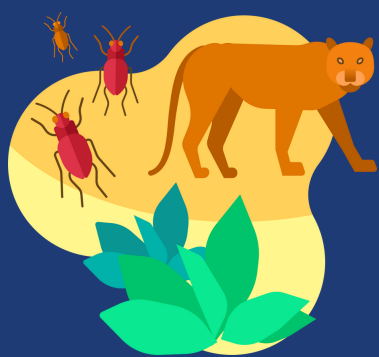
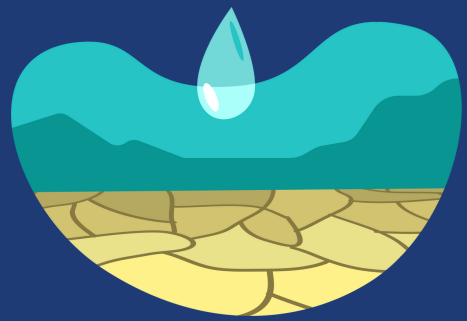
Temperatures expected to rise in excess of 36 Degrees in parts of England!

What can you do?



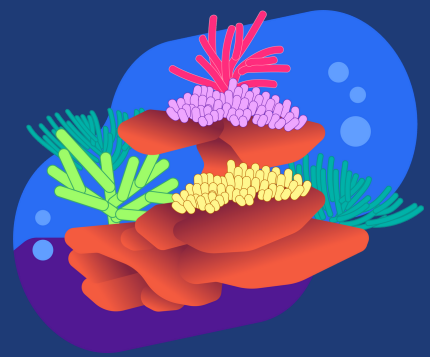
Listen to the news to be aware of when a heatwave has been forecast and how long it is likely to last.

Avoid being out in the sun during the hottest part of the day (around midday) and plan your day to avoid heavy activity during extreme heat.



Bring everything you need with you, such as a bottle of water, sun cream and a hat.

Be prepared, as heatwaves can affect transport services and you might need extra water.



Check the weather forecast and any high temperature health warnings.



Temp Rewards

